



COCO

September 2023

AIS CAMP (Sprints)

29-Sep-23

first attempt second attempt

60M (rolling start)	0-60	0-60
Interval time (s)	10.69	11.41

Interval Times	
	best
60M	10.69
40M	12
100M	22.69

Interval	0-60	0-60
Average velocity (km/h)	20.21	18.93

AIS CAMP (VMA test)

30-Sep-23

6' test effort	1555
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VMA result	15.55
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1-Oct-23

	30M	10M	60M	100M
attempt 1	10.09	2.27	11.93	24.29
attempt 2	10	2.2	12.11	24.3
attempt 3	10.29	2.15	12.09	24.52

	100M	100M	200M	400M
attempt 1	25.03	23.52	43.03	91.58

30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	4.87	2.57	2.23

Interval	0-10	10-20	20-30
Cumulative time (s)	4.87	7.44	9.67

Interval	0-10	10-20	20-30
Average velocity (km/h)	7.39	14.01	16.14

Interval Times

30M 9.67

30M - standing start - 2

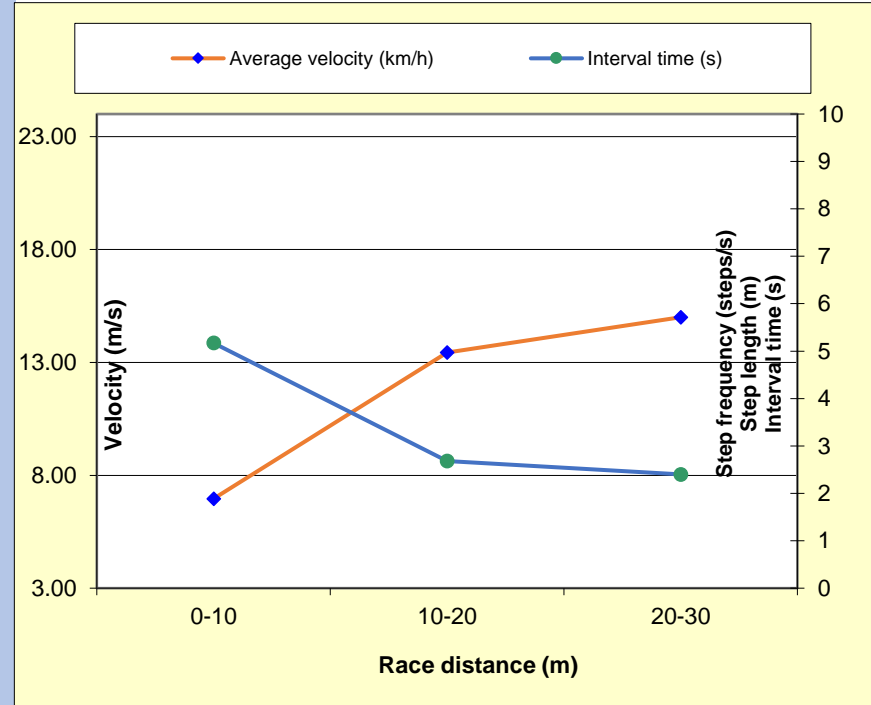
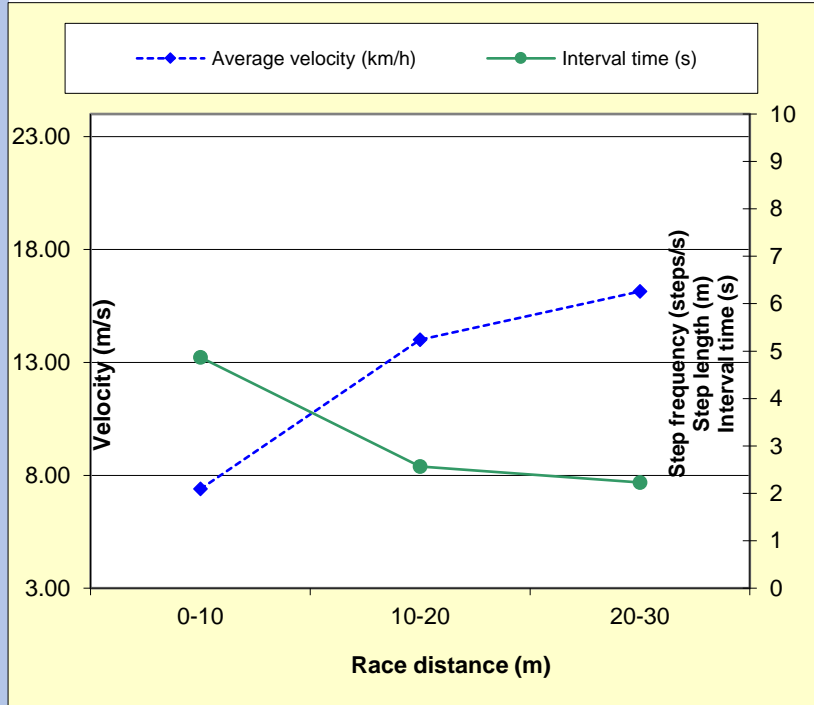
Interval	0-10	10-20	20-30
Interval time (s)	5.17	2.68	2.4

Interval	0-10	10-20	20-30
Cumulative time (s)	5.17	7.85	10.25

Interval	0-10	10-20	20-30
Average velocity (km/h)	6.96	13.43	15.00

Interval Times

30M 10.25



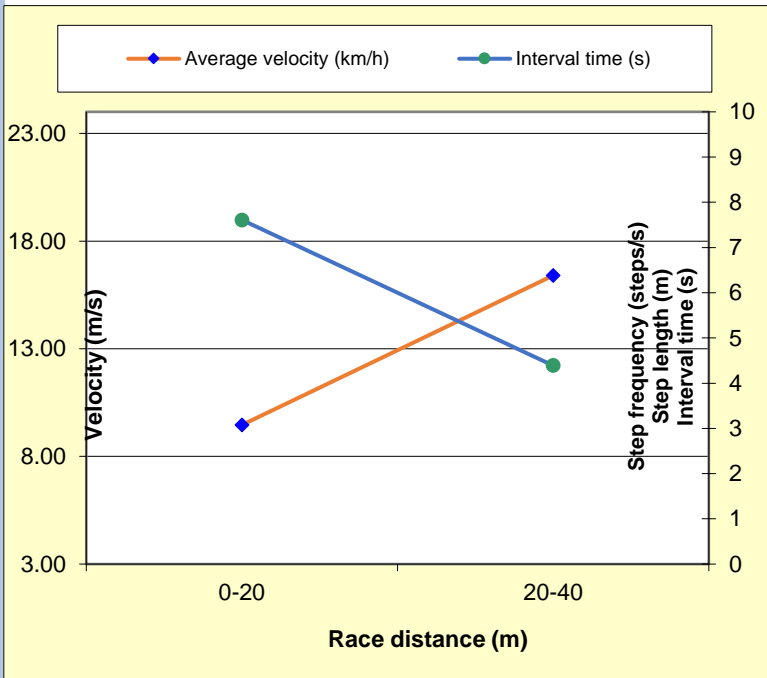
40M - standing start - 1

Interval	0-20	20-40
Interval time (s)	7.61	4.39

Interval	0-20	20-40
Cumulative time (s)	7.61	12

Interval	0-20	20-40
Average velocity (km/h)	9.46	16.40

Interval Times	
40M	12



40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	7.83	4.4

Interval	0-20	20-40
Cumulative time (s)	7.83	12.23

Interval	0-20	20-40
Average velocity (km/h)	9.20	16.36

Interval Times	
40M	12.23

